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SINUS SURVIVAL

REVISED

A Self-Help Guide
for Allergies, Bronchitis,
Colds, and Sinusitis



DR. ROBERT S. LYKE

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Sinus Survival A Self Help Guide For Allergies Bronchitis Colds And Sinusitis

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Sinus Survival A Self Help Guide For Allergies Bronchitis Colds And Sinusitis:

Sinus Survival Robert S. Ivker, 1995 This definitive self help book on America's most common ailment sinus and respiratory ailments offers the most up to date medical guidance practical diagnostic tips a variety of traditional and holistic techniques and preventive recommendations to help the millions of sinus sufferers get relief *Sinus Survival* Robert S. Ivker, 2000-09-25 *Sinus Survival* provides crucial guidance and information on such topics as how to select over the counter drugs that won't do more harm than good how to learn simple exercises that can aid sinus drainage and how dietary and lifestyle changes can significantly relieve sinus and respiratory disease *The Coyote Log*, 1990 *The Official Patient's Sourcebook on Sinusitis* James N. Parker, 2002 This book has been created for patients who have decided to make education and research an integral part of the treatment process Although it also gives information useful to doctors caregivers and other health professionals it tells patients where and how to look for information covering virtually all topics related to sinusitis also Acute sinusitis Chronic sinus infection Chronic sinusitis Ethmoid sinuses Frontal sinuses Maxillary sinuses from the essentials to the most advanced areas of research The title of this book includes the word official This reflects the fact that the sourcebook draws from public academic government and peer reviewed research Selected readings from various agencies are reproduced to give you some of the latest official information available to date on sinusitis Given patients increasing sophistication in using the Internet abundant references to reliable Internet based resources are provided throughout this sourcebook Where possible guidance is provided on how to obtain free of charge primary research results as well as more detailed information via the Internet E book and electronic versions of this sourcebook are fully interactive with each of the Internet sites mentioned clicking on a hyperlink automatically opens your browser to the site indicated Hard copy users of this sourcebook can type cited Web addresses directly into their browsers to obtain access to the corresponding sites In addition to extensive references accessible via the Internet chapters include glossaries of technical or uncommon terms

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chronic illnesses from Asthma to Cancer to Wilson s Disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic illness has its own chapter and contains a brief description in layman s language followed by important resources for National Local Organizations State Agencies Newsletters Books Periodicals Libraries Research Centers Support Groups Hotlines Web Sites and much more Two indexes provide quick access to this wealth of information Entry Index and Geographic Index This directory is an important resource for health care professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network *African-USA [magazine]. ,1993*

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